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Where Are You Spending Your Vacation

By ANN SIEFKE

WHAT are you, a college girl, planning to do with your summer vacation? For two summers I faced this question. After much consideration I found, what seemed to me at least, a worthwhile answer. Commercial training is a valuable asset to the college girl—just how valuable she is apt to find out on a certain day in June, when she leaves her college and seeks a job. The principles and theories of business may be taught in college but the practical experience is obtained out in the business world. The summer vacation is the only time the college student has to make an adjustment to conditions of the business world. The answer I found—and it will suit the cases of hundreds of other college girls was vacation employment in the summer camps and resorts.

"When they leave college all girls must make a leap. Some leap into matrimony. Others leap into business. And the jump in one case is about as long and difficult as in the other." Thus says Mrs. Linda Spence Brown head of the Institutional Department at Iowa State College, who has placed many girls in summer employment and who believes that it offers an important training. The college girl has been preparing for four years to meet this adjustment, but on going into the business world she will find that experience is the one thing in which she is lacking. Summer camp employment is one field in which this experience may be obtained.

The employers at summer camps and resorts are looking for girls who have a practical business sense, girls who are capable of realizing that they are employed at a vacation resort and not on a vacation, and girls who have good work and play habits. Girls who have had training in Home Economics and especially those who are interested in institutional cookery and have had courses which particularly train them for the work as waitress, salad and pantry girl or lodge maid. The girls who take the course in large quantity cookery get practical experience in all the jobs connected with the tea room—jobs similar to those of the lodge, inn or hotel.

Twenty years ago the college girl would have lost her social position if she had dreamed that she dared to do lodge maid work or wait on table at a summer camp. Today it is the perfectly proper thing to do. The employer and the employee both benefit from such a contract. The employment problem for the summer camps has been a serious one due to the season, which varies from two and one-half to three months, usually from June 15 to September 20. The schedule of the college student fits this season. The fact that college students are working in them, gives the summer camps a certain prestige.

I think the service they render is not to be classed as amateur.

Mrs. Madge McGlade, assistant dean of women at Iowa State College has been matron at Roosevelt Camp in Yellowstone National Park for several summers. She is very enthusiastic about summer camp work for college girls. She says it is a wonderful experience. The work is hard, however, and only physically fit girls should undertake it. Such a job puts a girl on her own resources. She is her own chaperone. "The freedom of the West is appealing. The girls must have a strong physique and strong moral character," said Mrs. McGlade.

Girls are usually employed as dining room waitresses, salad and pantry girls or lodge maids. I was employed as salad girl at the Elizabeth Inn in Colorado Springs last summer and my roommate was a waitress. We treasure the experiences very much and wish that the readers of this article might have enjoyed many of the good times we had at work and play.

Minnesota and Wisconsin lake resorts offer many opportunities for summer employment. In Wisconsin there are the Dell resorts, Lake Geneva, Sturgeon Bay and Delavan Lake resorts which employ college students. Highland Hotel at Lake Delavan is just 85 miles out of Chicago. It has established the trade of the wealthy Chicagoans. At this resort the girls live in furnished cottages. The head cottage girl calls everyone at 6 o'clock for breakfast and there is no cutting breakfast to reduce avoidpous in Lake Delavan. The summer climate of the Wisconsin Lake region is a very inviting relief from the hot Iowa summers. The girls here work for \$35 for the season, June 15 to September 1, plus a bonus of \$30 if the girl keeps her contract. In addition the girl usually makes pocket money from tips. The girls are off duty about two hours in the morning, when they attend to their correspondence and other personal things. In the afternoon they are off duty about three hours, which gives them ample time to get some recreation. The Yerkes Observatory is within hiking distance from the hotel. Swimming, rowing, hiking, movies and dancing make up a complete recreational program. "Rent a Ford and drive it yourself" was a popular form of outing for the girls last summer. The National Y. W. C. A. and Y. M. C. A. Camps are withing hiking distance from the hotel.

Miss Hazel P. Allen, national camp secretary for the Y. W. C. A., with headquarters in New York City, was on the campus last quarter interviewing girls for camp work at the Y. W. C. A. Camp at Lake Okoboji next summer. She interviewed about twenty-five co-eds for the prospective jobs as cook, dietitian, cashier, bookkeeper, life guards, waitresses and salad and vegetable girls.

Grand Lake Lodge, Idaho Springs, and Estes Park Chalets are the three lodges in Estes Park at which college girls are employed. At Grand Lake Lodge the girls live in dormitories, where they are furnished lodging and board. At 5:30 o'clock the gong sounds and everyone is up. The girls say the mountain air is so invigorating and bracing that they are ready to rise at that hour. The pay is \$50 for the season, July 1 to September 15, plus a bonus of \$20 if contract is kept plus tips. The employees are free from 2 to 3 hours in the afternoon, which gives them an opportunity to enjoy the wonderful scenery of the Rockies. Yachting, hiking, steak fries, horse-back riding, and dancing are popular sports with the girls at Grand Lodge.

At the Elizabeth Inn in Colorado Springs, where I worked last summer, everyone put in an eight hour day. We did not work Sundays, which gave the girls an opportunity to enjoy the mountains. The dining room girls wore black dresses with yellow collars and cuffs, yellow head bands, and white aprons, an attractive costume which blended with the color scheme of the Inn.

Every Sunday we were there we took a hiking or motor trip into the mountains. I think the mountains are very fascinating to the Iowan who is only familiar with the rolling plains. The first Sunday we took the motor trip, which is known as the "Little Circle Trip." The trip took us to the cave of the Winds, Garden of the Gods and Seven Falls. We thoroughly enjoyed the trip, plus the thrills the bus driver added by skimming, at 40 miles per hour, the edge of the mountain highway.

We took the sunrise trip to Pike's Peak, where on the summit we made snowballs on the fifteenth of August, and the motor trip over to Canyon City and the Royal Gorge. At the top of the Gorge we could look directly down about one-half mile onto the Arkansas River and the Rio Grande Railway. On our return trip we went through the gold mining district and Cripple Creek and back over the Corley Mountain highway, which bankrupts the English language for description.

All the girls who have had the experience of vacation employment in summer camps treasure that experience most highly. There were approximately 70 college girls employed at Estes Park last summer, 220 at the camps in Yellowstone National Park and 40 at the Highland Hotel at Lake Delavan.

Aspirants for positions may obtain application blanks by writing to the Highland Hotel Company at Lake Delavan, Wisconsin, or to Miss Mar-

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ETERNAL



QUESTION

C.M.B.

Fuel Value of Fats and Sugars

I. Can you send me a table giving the relative fuel values of fats and sugars?

Ans. Regarding the fuel value of fats, the different food fats have nearly the same fuel value when in the same state of purity. Lard, olive oil, cotton seed oil, etc., are practically one hundred percent fat and have energy values of about 4000 calories per pound, while butter, which contains a considerable percentage of water, has usually eighty to eighty-five percent fat and furnishes about 3300 to 3500 calories per pound. Goose and duck grease are like butter and would have about the same fuel value.

The sugars have fuel values as follows:

Honey, 1480 calories per pound.
Cane molasses, 1300 calories per pound.
Brown sugar, 1723 calories per pound.
Granulated sugar, 1840 calories per pound.
Maple sugar, 1502 calories per pound.
Powdered sugar, 1814 calories per pound.
Maple syrup, 1295 calories per pound.

The powdered and granulated sugars are the purest and hence have the highest value. Honey, brown sugar and molasses contain some water and their fuel value is decreased accordingly.

When You Paint on Silk

II. What kind of paint can be used on silks, georgettes, chiffons and other silk materials?

Ans. Paintex, a kind of dye that can be painted directly on silk, cotton or wool is perhaps the most satisfactory thing to use for painted patterns on white or light colored cloth. Two kinds are made, one for silk or woolen materials, the other for cotton or linen. Paintex may be purchased from the Paintex Company, 30 Irving Place, New York. Most art shops in the country now handle it.

Eighteen different colors are made. A trial set of six colors with directions for use costs 1.75. It unfortunately is not practical to mix the colors—for in that case they do not launder satisfactorily. In the trial set the col-

ors are very bright—almost raw. If used according to directions they stand either laundering or cleaning.

Oil paints are still used for painted patterns on cloth. If mixed with the fluid 1P.H. Indelible, they too stand laundering and cleaning. Most art stores handle the 1P.H. Indelible in 25 cent bottles. The oil paints are satisfactory on the darker colored silks as well as on light ones, but are stiffer and more opaque than Paintex.

Appropriate Menu

III. What menu would be appropriate for a "Mary, Mary, Quite Contrary" banquet? The color scheme, already selected, is lavender, gold and white.

Ans. Any menu might be adapted to such a banquet provided you have menu cards. Your menu cards might have the foods listed in a manner contrary to what your guests expect.

I would make no attempt to color any food lavender, but would use this color in the nut cups or in the candies you wish to serve. A suggested menu follows:

Orange cocktail served in orange baskets
Creamed or escalloped potatoes
Breaded Veal Cutlets
Fresh green peas and new carrots mixed (butter sauce)
Hot Rolls—Apricot or Grapefruit marmalade
Salad—Asparagus tips with hard cooked egg
(Serving gold and white mayonnaise dressing)
Ice cream or Angel parfait, using Gold Cake
Coffee—Candies in colors desired

Apportioning an Income

IV. How should a net income of \$3,000 be apportioned for two people?

Ans. It is very difficult to set up figures which would be applicable to

	Monthly	Yearly
Savings	\$ 76.00	\$912.00
Food	38.00	456.00
Shelter (rent or taxes)	35.00	420.00
Fuel	7.50	90.00
Operating	27.00	324.00
Clothing	42.00	504.00
Advancement	24.50	294.00
Total	\$250.00	\$3000.00

all situations for the family is very largely an individual matter, dependent upon conditions and circumstances.

This is a recommended division of the income:

Advisability of Canning Fish

V. Could the common variety of fish found in Iowa streams be cold packed successfully with a steam pressure cooker?

Ans. Fish may be canned just as you can meats and poultry providing you can use the cold pack steam pressure cooker satisfactorily. I would suggest precooking the larger fish, such as carp, enough to remove the bones before packing them in the jars. Use the fat that you like best, corn oil or the margarines will do very well. Process in the pressure cooker, using the higher temperatures, for an hour at from ten to fifteen pounds pressure after precooking.

Your Summer Vacation

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garet McCarty, Yellowstone Park Camps Company, at Livingston, Mont.

I know of no more pleasant way of spending a summer vacation with work and play commingled in just the right proportions to be always interesting.

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nomics work at the University of Chicago, during the time which these women spent at the college for the purpose of attending the dedication of the new Home Economics Hall, June 11.

Miss Arnquist Sees Activities of Danish Girls

Miss Josephine Arnquist, in charge of girls' club work, writes that she had the pleasure of attending two meetings of Danish girls, accompanying Miss Ulla Christensen, who visited Iowa last year to study our club work. Miss Christensen is now organizing club work for the girls of Denmark.

Club folks all over the state are awaiting with interest an opportunity to hear all about Miss Arnquist's fine summer in Europe.